

All about Shared Lives



Service User Guide



THE LONDON BOROUGH
www.bromley.gov.uk

This guide tells you about Bromley's Shared Lives Scheme.

- Shared Lives is committed to meeting people's needs whatever their race, gender, religion, sexual orientation, disability or age.
- You can get a copy of the 'Statement of Purpose' from a Shared Lives worker.

If you have any questions about this document or want further information about Shared Lives you are welcome to either

- contact a member of the team on 07908 206 891.
- Or you could write to
5th Floor, Yeoman House
63 Croydon Road
Penge
SE20 7TS

There is no out of hours service available and any emergencies or crisis are referred to the out of hours social work team on 020 8464 4848.

If you need help to make sure that other people listen to your views, you can get help by asking for an advocate

Advocacy For All

Unit 2, 241 Main Road
Sidcup
Kent, DA14 6RS
Tel: 020 8300 9666

Words we use in Shared Lives and what they mean.

Shared Lives Carers

These are the people you will stay or live with, who have been trained and chosen to be carers and are supported by a Shared Lives Scheme.

Shared Lives Worker

The person who gives information and advice to your carers and makes sure your placement is going to work okay for everyone.

Care Manager

This person usually works for **Social Services** and is there to support you. They will organise things that you might need like day services and transport.



Sometimes people want to move on from their Shared Lives placement and this is okay. You can talk to any of these people about this and they will help you decide where you want to move on to and to plan how you are going to do that. We can try to find you a new placement if you want. When a placement ends there is a 28 day notice period.

Remember if you have a serious problem about something and do not want to speak to any of these people you can make a complaint to:

Bromley Council

Customer Care and Complaints Officer
Education and Care Services
Bromley Civic Centre
Stockwell Close
Bromley, BR1 3UH
Tel: 020 8464 3333



Care Quality Commission National Correspondence

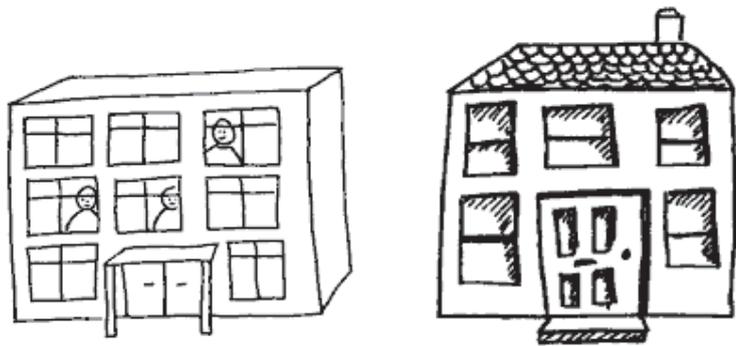
Citygate
Gallowgate
Newcastle upon Tyne
NE1 4PA
tel 03000 616161
www.cqc.org.uk

The CQC will not investigate complaints but do want to hear about services that are not performing or have achieved something great.

What is a Shared Lives placement?

A Shared Lives placement is somewhere to live. It can be:

- Long term
- Short term
- Respite
- A short break



It can also be:

- Somewhere to go for day time support

In every placement you are helped and supported by someone called a Shared Lives carer, who will share their home with you and include you as part of their family. The scheme is flexible and designed around your needs.

Who is a Shared Lives scheme for?

People over the age of 16 years;

- With learning disabilities
- With mental health issues
- With physical/sensory disabilities
- Older adults



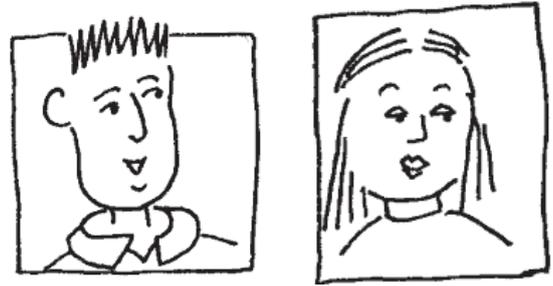
Who can become a Shared Lives carer?

There are lots of different kinds of Shared Lives carers:

- Couples
- Single people
- People with children
- People who provide help and support to more than one person.

How do you know these carers are suitable?

The scheme finds people who want to be Shared Lives carers then:



- Does **lots of checks** (including checks with the criminal records bureau) to make sure that they are safe.
- Makes sure that they are the right kind of people to be carers and have the **skills** to **support** people properly.
- Gives the carer **training** and help them to learn.
- Shared Lives carers are **regularly inspected** and monitored by Bromley Council Shared Lives workers. A Shared Lives worker can tell you more about this.

What will my Shared Lives carer do for me?

- Provide a **safe, secure** and **homely environment**.
- Support you to be part of your **local community**.
- Give you the opportunity to be able to meet **new people** and make **new friends**.
- Support you to learn **new skills**, and **increase** your **independence**.
- Treat you with **respect**, and making sure **your views**, and **cultural needs** are met.
- **Encourage** and **support** you to develop your own **social life** separately from the carer where possible.
- Support you to access **regular health checks**.
- Respect your privacy.

Can I still do the things that I like doing?

We will try and find a placement that is **not too far** from where you **live now**, so that you can still **do** the same things that **you do now**. If this is not possible because you are further away, you can ask your carer and the scheme to help you to find new things to do.

Will I still be able to see my family and friends, and be able to visit them?

Yes – family and friends are important and your Shared Lives worker and your carers will do everything they can to help you see them.



What happens if I am not happy about something in my Shared Lives placement? Or no longer wish to stay there?

You can talk to;

- Your **carer**
- A member of your **family** or a **friend**
- Your **care manager**
- A member of staff at your **day centre**
- A **Shared Lives worker**, or
- Your **advocate**

These people will all be able to help you.



What will my Shared Lives carers write down about me?

Your carers will write a **diary** every month. **You can help** with this if you want. It will be about what is happening like:

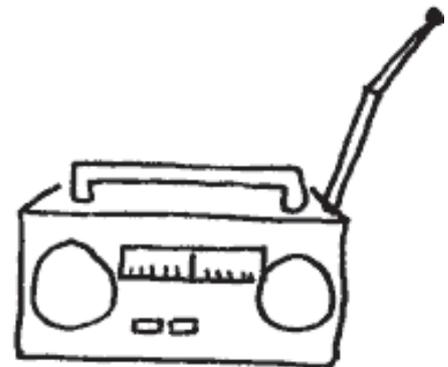
- **Appointments.**
- People who **come to visit.**
- Times when you are **ill.**
- Your carers may also need to write down information about any medication you need and when you take it. Information written down is **confidential.**
- Your carers will tell you if they need to share any information with anyone else.
- Anything else that happens that is **important.**

Will I have my own room?

Yes – You will be able to have your own room if you are staying or living with carers.

Can I bring my own things with me?

Yes – your bedroom will be **furnished** but you can bring with you any of your **own things** you want that will fit into your room. People often bring a **television** or **stereo.**



What will my Shared Lives carers help me to do?

Your Shared Lives carer will know what things you need help with and what you would like to learn to do because we write these things down in your **Support Plan**. For instance:

- You may want **help** to make a **cup of tea** or to **cook**.
- You may need help with **washing** your **hair** or taking your **medication**.
- You may want help with **managing** your **money** or going out.
- You may want help to **do** the **things** that you **enjoy**.

Who do I tell if I would like a Shared Lives placement?

- You can tell your **Care Manager** if you have one.
- You can tell your **key worker**.
- You could also tell a **parent** or **family member** so that they can find the right person to help you.
- You can tell your **advocate**.

Can I choose my Shared Lives carers?

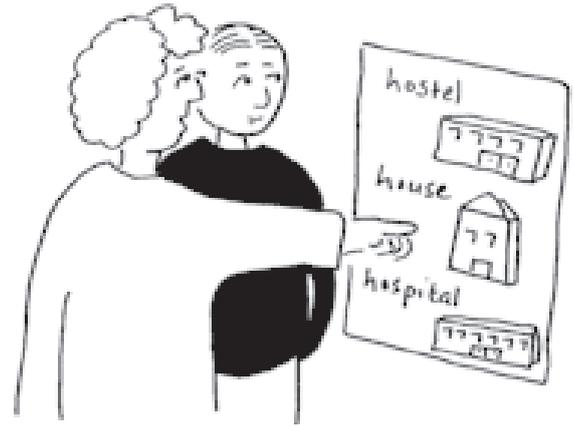
Yes – we will tell you about the carers we think might be right for you.

- We will tell you **where** they **live**.
- We will tell you **about** their **house**.
- We will tell you how **many people** live there.
- We will tell you how **old** they are.
- We will tell you what they **enjoy** doing and whether they have a **pet**.



What happens next?

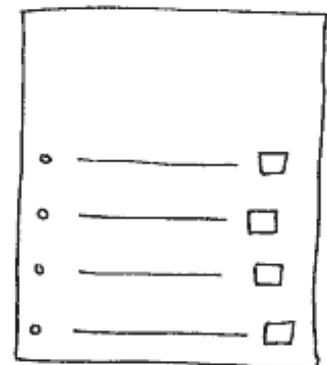
- With your permission we will share information about you with the potential carer.
- Information given to our carers is **confidential**. It will only be shared with anyone else, if it needs to be, in order to **help you** or keep you **safe**.
- If you would like to, we will then help you to meet them to see what you both think. You can bring someone else with you if you want to.
- Sometimes you may need to meet a few different carers before we find the right Shared Lives placement for you.
- When you have decided, which carers are right for you, we will put together a **Placement Agreement**.
- When you begin to stay or live with your carers, a **Shared Lives worker** from the scheme will **visit you regularly** to make sure things are going well and to **help you** and **your carers** sort out any **difficulties**, or make any **changes** that are needed.



Will I have to keep to lots of rules?

There may be a few rules that everyone sharing the house is asked to keep. For example:

- Not **smoking** in the house.
- Helping to **clear up** after meals.
- **Not playing** loud music (especially late at night).



- There may also be a few other rules that you will be asked to agree to, these will help you to stay safe and will be written down in your **placement agreement**.

If you do not agree with the rules they have, you may decide these are not the carers for you.

Will my Shared Lives carers get paid?

- Most carers will be paid **some money**, to give you the **help** that you need. Some of that money comes from Bromley Council.
- You will need to pay some of your **benefits** or **wages** towards the **cost** of your Shared Lives placement. The money you pay may help towards the cost of the **help** that you receive, but also be for your **food** and for **other things** you need.
- If you are living with Shared Lives carers the **money** will also be to **pay** for your **accommodation**.
- We do make sure that you still have enough money so that you can buy things for yourself and do things that you want to do.



Will I be able to spend my own money?

Yes – The money you have left after you have paid your contributions is yours to spend on the **things you want**. If you find it difficult to manage your money without help, your carers will help you.



Service User Support Care Plan

This is where we write down lots of information about the ways your carers and other people will be helping you in your placement.

Placement Agreement

This is where we write down all the things that everyone agrees to in order to help your placement to work.

Advocate

This is someone who can help you say what you want. They can also speak or write on your behalf.

Placement Review

These are the meetings that we will have with you and your carers to check that things are okay and to decide if any changes need to be made to your Service User Plan or Placement Agreement.

Shared Lives

To find out more please contact our team on:
0208 4617020 / 07908 206 891
www.bromley.gov.uk/sharedlives